



# Equality News

27 July 2016

Issue 06

## In this issue:



### Articles

- Viral Hepatitis - a local overview
- Let's talk about RAS and sexual health!
- Scotland's Positive Future?
- Self referral for abortion: increasing choice for women in Aberdeen City and Aberdeenshire



### Events & Opportunities

- Make It Happen
- "I Was, I Will" exhibition
- Polish Language Classes
- Smart Recovery

## World Hepatitis Day

As part of our on-going Ethnic Minority Health Link Project GREC has committed to marking World Hepatitis Day with a series of articles exploring sexual health and blood borne viruses (such as hepatitis and HIV) from a variety of equality perspectives, e.g. gender and LGBT equality, as well as migration and access to services for those newly arrived in the UK.

World Hepatitis Day is one of four official disease-specific world health days declared by the World Health Organization. The day is celebrated every year on the 28th of July. This day is especially important as Hepatitis causes 1.45 million deaths each year in the world. To learn more about the Hepatitis World Day please visit the [WHO page](#).

As part of GREC's Ethnic Minority Health Link project we have been undertaking research into how blood borne viruses testing can become more accessible and acceptable for ethnic minorities in Aberdeen. To learn more about findings please check our [website](#)

Aberdeen City Health & Social Care Partnership and Alcohol & Drugs Action are hosting events to raise

awareness of and to promote the World Hepatitis Day 2016 campaign. This event is open to the public particularly for those who may have been at risk of viral hepatitis - a team of specialist staff will be present:

### July 28<sup>th</sup>

Aberdeen Indoor Market 10:00–15:00  
Trinity Centre 15:30–19:00

GREC & NHS Grampian have also organised blood borne virus testing for the local community at the Romanian Orthodox Church on Sunday July 31st at 12 noon. There will be Romanian interpreter at the site.

## Hate Crime and the EU Referendum

There have been increasing concerns since the EU referendum result about the potential for a rise in prejudice and hate crime, as seen in other parts of the UK. So far there has been no such rise in incidents reported to GREC or Police Scotland. We urge everyone to be vigilant to ensure that prejudice against minority groups does not become acceptable in our society. Please report incidents either directly to Police Scotland using their [online form](#), or to GREC by phoning 01224 595505 or emailing [info@grec.co.uk](mailto:info@grec.co.uk)

*The GREC Team*

*Note that some web links are valid for a short period of time.*

*If you would like to subscribe or unsubscribe to this e-bulletin please contact [info@grec.co.uk](mailto:info@grec.co.uk)*

*Please send information for inclusion to [info@grec.co.uk](mailto:info@grec.co.uk)*

### **Viral Hepatitis - a local overview by Dr Lindsay McLeman and Lisa Allerton**

The 9<sup>th</sup> annual World Hepatitis Day highlights the WHO aim of elimination of viral hepatitis as a public health threat by 2030. Viral hepatitis is inflammation of the liver caused by a virus (from the group of viruses A to E) and with time the inflammation can lead to liver damage.

Hepatitis C virus is most commonly spread by contact with an infected person's blood and usually does not have any symptoms. It is estimated that around 50% of people in the UK infected with the virus do not know that they have it and this can be up to 90% in other parts of Europe. It can be diagnosed by a blood test and in the majority of people can be cured with a course of treatment. Risk factors for the virus include ever having injected drugs, unprotected sex with a person who has hepatitis C, tattoos and piercings that have not used sterile equipment and medical treatment in a country without adequate sterile procedures. Treatment of hepatitis C has changed significantly over the past few years. Previously a course of treatment took almost a year and had a 50% chance of clearing the virus. New medications mean that treatment courses are now normally only 3 months and have more than a 90% chance of clearing the virus. The majority of patients only require tablets rather than injections that were used previously.

Hepatitis B virus is often diagnosed through routine health checks in people who caught the virus at birth

or in early childhood and have not known that they have the virus. In some parts of Africa and Asia 10-15% of the population are infected with hepatitis B virus. In North America and Europe the virus is more commonly contracted in adulthood through sexual contact with someone who has the virus. Not all patients with hepatitis B virus need medication when they are first diagnosed as the body's immune system can control the virus, but patients do need regular monitoring and follow up by a liver specialist.

In NHS Grampian we have been working to try and raise awareness of hepatitis and make testing and treatment more convenient and accessible for patients. Testing is available on request through GP practices and is now available in needle exchange centres, drug services and even some pharmacies and workplaces. Vaccination against hepatitis B virus is also widely available on request for patients at risk of getting the virus.

Assessments by a liver specialist take place throughout NHS Grampian to help patient's access treatment conveniently. We also have language line available in our clinics to help patients who do not speak English as a first language and information leaflets on viral hepatitis are available in other languages such as Polish and Mandarin.

#### **Working together against viral hepatitis**

The liver team in conjunction with the SH and BBV MCN are working on a number of projects to increase testing and access to treatment for individuals infected with the hepatitis

B or C virus. NHS Grampian in conjunction with local pharmacies are taking part in a National trial over the next 2 years to offer testing and treatment to patients on Opiate replacement therapy, such as methadone, in their local pharmacy. Offering hepatitis C therapy alongside medication that patients are already attending regularly to collect, it increases convenience for patients and may enable patients to access treatment for their virus who would otherwise not be able to.

Medical and substance misuse staff have been working closely together to increase testing for hepatitis B, hepatitis C and HIV throughout Grampian. At the Kessock clinic in Fraserburgh the liver team have been working closely with staff to offer testing to clients attending the clinic. A very successful training day was held for staff by the liver team to discuss testing and treatment of these viruses. After the training day there was an increase by 30% in the number of patients who attended for review by the liver team to discuss treatment options.

Clinicians from NHS Grampian were successful in securing a grant from Gilead UK and Ireland Viral Hepatitis Fellowship programme to offer testing for viral hepatitis in workplaces. It is known that the majority of immigrants to NHS Grampian are from ethnic groups deemed 'high risk' for hepatitis B and C. The aim of the project is to increase awareness of viral hepatitis in high risk groups and to identify migrant workers with previously undetected viral hepatitis and initiate them in to a treatment programme.

### Let's talk about RAS and sexual health! By Nicoleta Ciubotariu

According to the United Nation Population Fund, "good sexual and reproductive health is a state of complete physical, mental and social well-being in all matters relating to the reproductive system". Thus, it includes "having a satisfying and safe sex life, being able to reproduce and to decide whether and when to do so".

In that sense, education is crucial. So, how does the situation look in the UK? A Terrence Higgins Trust report found out that three-quarters of young people are not taught about sexual consent, while one in seven said they did not receive any sex and relationship education (SRE) at all. According to the same report, Relationships, Sexual Health and Parenthood Education (RSHP) is not compulsory in any type of school in Scotland.

In this context, the Prevention programme at RAS is crucial for informing the young people in Aberdeen about consent and healthy relationships. Our Prevention worker goes to schools and engages in conversations with young people on topics varying from challenging gender norms to safe and healthy sex and relationships to sexuality and sexual orientation. This interaction also represents an opportunity for young people to learn more about accessing services across the city, whether it is about getting condoms or needing support from RAS or other organisations.

However, it might not always be easy to speak or get information about sexual health, in particular if English is not one's first language. At RAS we have an Equalities programme through which we make taboo topics more accessible among people from ethnic minorities. Furthermore, not long ago, our Equalities worker spoke about FGM at various events across the city, making this issue more visible. This helped to raise awareness about the issues around sexual health that some people from ethnic minorities in Scotland are being confronted with, as well as the language barrier in accessing information and services.

Last but not least, we are aware of the impacts of sexual violence on a person's health, both emotionally and physically, from shock and trauma to pain and injuries. In terms of sexual health, there is also the risk of pregnancies, STIs, as well as difficulties to lead a satisfying sex life. It can easily be noted that these impacts are exactly the reverse of the UNPF's definition of "good sexual and reproductive health". Thus, RAS aims to empower people who have suffered any form of sexual violence to take control of their health. In that sense, we offer emotional support, either through phone, email or face-to-face contact, to anyone aged 13 and over who have experienced sexual violence. Furthermore, through the Advocacy programme the survivors could get help if they decide to report to the Police. The Advocacy worker can also liaise with health practitioners in order to identify best services, if the survivors wish so.

In conclusion, sexual violence affects people's health, in particular one's sexual health. Through RAS programmes and emotional support, we attempt to challenge noxious assumptions and behaviours, crush barriers and discuss the taboos in the community, and support and advocate for people who have experienced sexual violence.

### Scotland's Positive Future? By Craig Cunningham, Secretary & Co-Founder *Four Pillars*

34 is years a long time, no? Well 34 years is how long it has taken Australia to officially beat AIDS. July 2016 marked this achievement as Australia announced it had domestically defeated AIDS as a health issue; for some this declaration was a milestone in the war against HIV & AIDS, for others however it was viewed as an opportunity for complacency to take hold.

In Scotland the HIV & AIDS statistics reflect a comparative yet stronger picture than those of Australia with marginally less HIV+ people (proportionally 0.0000005% less), 93% of which are on some form of treatment 5% more than the Australian counterpart figures. With these kind of numbers to hand it's reasonable to assume this might spell a similar future announcement of Scotland having beaten AIDS along this current trajectory.

**(Continued below)**

## Equality News

With this in mind, following the closure of GMH (Gay Men's Health) and a gap being left in services to the LGBT+ community across Scotland it may have been considered merely a dream and that a downward spiral might soon follow. However, with the birth of Four Pillars, a new dedicated Aberdeen based LGBT+ charity set to provide many vital services we may avoid this fate. Four Pillars plans to offer the community a variety of services including: signposting, condom and lube provision & support. All of these services are in place to reinforce and protect for all our Four Pillars objectives: Mental, Emotional, Physical & Sexual Health.

Hopefully the void in services will close and the vision of a healthy Scotland will still be alive and kicking. We aim to inspire work in support of the LGBT+ community all over Grampian so we can then avoid mistakes of the past from repeating themselves and hopefully we can stand united in triumph in beating a dark cloud that has stood over LGBT+ in Scotland for far too long.

**Self referral for abortion: increasing choice for women in Aberdeen City and Aberdeenshire** By Dr Sue Brechin & Ms Nicola Duncan

### Background

The Grampian Sexual Health Service provides counselling and assessment for all women in Aberdeen City and Aberdeenshire requesting abortion. Around 1300 women are seen annually. 82% of

women opt for medical abortion, the rest opting for a surgical abortion. Healthcare Improvement Scotland (HIS) 1 standards recommend 70% of women should be seen before 9 weeks gestation thus reducing the risk of complications. In addition, if seen early, women have more options as well as the traditional medical and surgical procedures. They can opt for early discharge after medical (EDAM) under 9 weeks, or local anaesthetic surgical abortion in an outpatient setting (under 8 weeks) or in a hospital setting (under 12 weeks).

A previous service audit identified that 60% of women were referred from primary care and 40% by the Sexual Health Service. Significant delays in accessing GP appointments and then further delay in seeking appointment with the abortion service were identified. The audit also showed that women lacked information about abortion. In order to reduce delay and increase access to information, self referral was introduced at the end of 2015 alongside the use of the No Delays 2 package of information.

### Introduction of Self Referral

An administrator now provides support for the abortion service and is the first point of contact for all women requesting abortion. Women can self refer to the abortion clinic by calling (01224) 655535 Monday to Friday 9am to 2pm.

If a woman sees her GP (or has a phone call with GP or practice nurse or community midwife) and

wants referral for abortion they can be given the above number to book an appointment directly. We offer longer appointments for women who need use of an interpreter and we use language line for all women even if they bring an interpreter with them in order to offer full confidentiality. A triage pathway is followed to identify any women who need to be seen urgently. All women given an appointment are offered the No Delays package and encouraged to view this before their appointment. This includes videos from staff in the service providing information about what will happen at the assessment appointment, abortion methods available and contraception. The majority of women accept the No Delays package, which is viewed by over 60% of those women. A text message is also offered with appointment date and time and postcode information for navigation to the clinic. The majority of women (almost 60%) now self refer to the service with an average waiting time from phoning for appointment to being seen of 4 days.

### Future Plans

We will continue to offer self referral for women and promote the use of the No Delays package for information. We will monitor numbers of women seen under 9 weeks gestation meeting HIS standards to see if this increases as delays to accessing service reduces. We also plan to provide this option for women seeking abortion in Moray.

Events & Opportunities

**THE MAKE IT HAPPEN CAFÉ  
UZSIJEMIMU KAVINE  
KAFEJKA 'ZRÓBMY TO!'  
VALODAS UN JAUNRADES KAFEJNICA  
СОБИРАЙСЯ, ПИТЕРХЕД!**

**25TH-30TH JULY - OLD HAPPIT SHOP, DRUMMER'S CORNER, PETERHEAD**

**ANIMATION CAFE  
ANIMACIJOS KAVINE  
KAFEJKA ANIMACYJNA  
ANIMACIJAS KAFEJNICA**  
10AM-3PM MONDAY 25TH &  
10AM-3PM THURSDAY 28TH JULY

**LANGUAGE CAFÉ WITH ADDED CARDBOARD!  
KALBU KAVINE, SU KARDONU!  
KAFEJKA JEZYKOWA Z ZAJACIAMI DLA DZIECI  
VALODAS KAFEJNICA UN KARTONA ROKUDARBI!**  
10AM-12NOON WED 27TH JULY

**ART CAFE  
MENO KAVINE  
KAFEJKA KREATYWNA  
MAKSLAS KAFEJNICA**  
1-9PM WEDNESDAY 27TH JULY  
9AM-3PM THURSDAY 28TH JULY

**LANGUAGE CAFE No.90067  
KALBOS KAVINE  
KAFEJKA JEZYKOWA  
VALODAS KEFEJNICA**  
7-9PM THURSDAY 28TH JULY

**ARBUTHNOT MUSEUM  
ARBUTHNOT MUZIEJUS  
ARBUTHNOT MUZEUM  
ARBUTHNOT MUZEJS**  
10.30-11.30AM FRIDAY 29TH JULY

**GREEN CAFE  
ZALIOJI KAVINE  
ZIELONA KAFEJKA  
★ ZAJĀ KAFEJNICA ★**  
2-4PM FRIDAY 29TH JULY

**CURRENT AFFAIRS CAFE  
POLITIKU KAVINE  
KAFEJKA NY. WYDARZEN BIEZACYCH  
POLITIKAS KAFEJNICA**  
11-11.30AM SATURDAY 30TH JULY

**GALLERY CAFE  
GALERIJOS KAVINE  
KAFEJKA - GALERIA  
GALERIJAS KAFEJNICA**  
10AM-1PM SATURDAY 30TH JULY

**TOURIST CAFE  
TURISTU KAVINE  
KAFEJKA TURYSTYCZNA  
TURISMA KAFEJNICA**  
2-3PM SATURDAY 30TH JULY

**ALL ACTIVITIES ARE FREE AND OPEN TO ALL**  
01779 600 020 - MAKEITHAPPEN@MODO.ORG.UK OR FIND THE MAKE IT HAPPEN CAFE ON FACEBOOK



info@cagedbeastie.com





Exhibition of Paintings  
by Women Artist  
"I WAS, I WILL"

works by  
Marta Chojnacka  
Katarzyna Rymarz  
D.O.M. Dominika Żurawska

2 SEPTEMBER - 30 SEPTEMBER  
opening friday 2 september 6 pm

Art Centre & Theatre Gallery  
33 King Street, AB24 5AA  
Aberdeen, UK





## Polish Language Classes @ PAA

If you are interested in learning or improving your Polish, please email us to say hello

[info@paaberdeen.co.uk](mailto:info@paaberdeen.co.uk)

We will add you to our mailing list which will keep you updated on progress and provide you with all the details.

We would like to re-start Polish Language Classes on 3 different levels

### BEGINNERS

Tuesdays 7pm-9pm. Start on 6th September 2016

### PRE-INTERMEDIATE

Mondays 7pm-9pm. Start on 5th September 2016

### INTERMEDIATE

Thursdays 7pm-9pm. Start on 1st September 2016

Polish Association Aberdeen, 35A Union Street, 11 Floor



# SMART Recovery

Czy Twoje zachowanie przysparza ci problemów?

Zastanawiasz się, czy pijesz za dużo?

Nie masz kontroli nad zażywaniem narkotyków?

Tracisz pieniądze przez hazard?

SMART Recovery prowadzi spotkania oparte na wzajemnym wsparciu, na których poprzez otwartą i nieoceniającą dyskusję pomagamy sobie i innym uporać się z uzależniającymi zachowaniami.

Uczestnictwo w grupie jest bezpłatne



Przy współpracy z: &

YOUR LOCAL MEETING WILL BE HELD AT

Polish Association Aberdeen  
35A Union Street, 3. piętro

wtorki  
19<sup>00</sup>

W razie pytań proszę dzwonić pod numer:  
07561864517

Przyjście na spotkanie nie wymaga rejestracji  
ani podawania danych osobowych.

[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

